243 are then scattered from the swinging hand onto the level ground, after which some soil is sprinkled on the seed by hand. Eleusine (uwuro) is sown in the same manner. The ripe ears of these two types of millet are each individually cut from the stalks with a knife. This is also the method used for corn and rice. Then the ears are spread on the firm ground in front of the huts and threshed with switches. Some of the sorghum [252] is ground into flour, but most of it is used for brewing beer. [273] Eleusine is mainly ground into flour from which the daily ugali mush (umudsima) is made.

The Barundi grow tobacco (itabi) in small quantities near 249 almost every homestead, as has been mentioned above. The delicate plant is cared for so poorly, however, that it yields a mediocre product. Uvira tobacco, which is traded in considerable amounts in the Tanganyika area, is of much better quality. [53] The Barundi put the tobacco seeds into small holes dug into the soil with a hoe. The young seedlings are not transplanted, but the Barundi clear and irrigate the surrounding soil from time to time. As soon as the plant begins to blossom (red, not white), the leaves are picked off and strung up on bast strings to dry in the sun. Then, for fermentation and storage, they are wrapped in dry banana leaves. In spite of its terrible appearance, 276 the tobacco does not have a bad aroma, but it is so strong that even the Barundi seldom smoke it. In most cases it is smoked only by old men and women. The others are all inveterate snuff-takers (see p. 59), whereas in Ruanda tobacco is only rarely taken as snuff but is smoked in considerable amounts.

Tobacco is regarded by the Barundi in the same way as all [824] narcotics are regarded by primitive peoples: as possessing mysterious powers. From this originates the custom of stuffing [758] a pinch of snuff up the nose of a person who has fainted. Also, the young bridegroom blows tobacco smoke at his wife, and so forth (No. 19, p. 557).

244 Several kinds of pumpkins (imboga) are likewise grown merely as garden produce or interspersed among bananas or sorghum, in particular a variety which is round and as big as a head, and another smaller variety that looks almost like a